PECS APPEAL

ARNOLD IS BACK, AS A TOUGH BORDER SHERIFF WHO TAKES ON A MEXICAN DRUG CARTEL. METRO TAKES A FOND LOOK AT SOME OF THE HIGH (AND LOW) POINTS IN HIS CAREER PAGE 6

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LONDON metro®

Wednesday, January 16, 2013

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It's official: We're 'Canada's London'

Marketing campaign. City planning to take a bow on skating world stage

ANGELA MULLINS
angela.mullins@metronews.ca

City council gave the go-ahead on Tuesday to a marketing campaign tied to the World Figure Skating Championships.

But before the "Canada's London" brand hits the street, it'll get a bit of a rejig. The initial proposal used a maple leaf to replace the second "O" in London. Some councillors think that could be confusing and want the city's name spelled out.

"Us around here, who are quite familiar with London, will pick it up," Coun. Harold Usher said.

"But 90 per cent of the people watching this on the TV … I guarantee you they will not pick it up."

Council voted 11-4 to support the effort if the change is made. Minutes before, councillors voted 8-7 to ditch the idea all together, with some citing money as the main issue.

The campaign's $200,000 cost will be split between the city and project partners, including the London Economic Development Corporation and Western Fair. The city's share — $100,000 — will be covered by a 2012 surplus in the advertising budget.

The skating championships are slated for March 11 to 17 at Budweiser Gardens. The marketing campaign is aimed at leaving a lasting impression on visitors.

Also on Tuesday, council gave unanimous support to building high-rise apartment complexes near Western University and Fanshawe College.

A 19-storey building planned north of Western's gates on Richmond Street will have 311 furnished two-bedroom apartments. A 15-storey, 126-unit building at First and Oxford streets will have apartments with three, four and five bedrooms.

Follow Angela Mullins on Twitter @MetroAngela

Other business

- City council approved a joint venture between London Hydro and the London District Renewable Energy Co-operative.
- It's part of an attempt to get provincial approval for solar panels on city buildings.

THOSE ARE BIG SKATES TO FILL

Russian-born defenceman Nikita Zadorov of the London Knights runs on ice skills testing with Team Orr Tuesday at the Halifax Metro Centre to get ready for the CHL Top Prospects Game, which happens on Wednesday night. More coverage, page 12. JEFF HARPER/METRO IN HALIFAX

Dramatic breakthrough

Western researchers are closer to understanding what triggers a devastating neurological disease PAGE 2

Bully for buttermilk

The tangy pancake ingredient is a versatile staple of a well-stocked kitchen PAGE 10

Sedan impact

Honda has upped its game with the 2013 Civic PAGE 13

Jumpin' Jasper!

The annual Alberta mountain festival heats up the town with skiing, snowball fights and a chili cook-off PAGE 9

Teachers to protest after final bell

Plans for daylong strike action cancelled. Now there are plans for evening protests instead

ANGELA MULLINS
angela.mullins@metronews.ca

They may not be striking, but teachers are proving there's plenty of fight left in the battle against legislated contracts.

Secondary school teachers are planning after-school protests Wednesday — organizing picket lines outside MPP offices across the province, including those of Liberal cabinet ministers Chris Bentley and Deb Matthews.

The union had announced a daylong "political protest" that would have cancelled classes. Those plans changed Friday after an Ontario Labour Relations Board ruling declared the work action an illegal strike.

"It's a rally to protest the loss of our democratic rights, the loss of free collective bargaining, and — now — our loss of the right to strike," said Colleen Canon, president of the Ontario Secondary School Teachers' Federation's local arm. "We need to stand up for this because this can impact future generations."

Teachers from all levels will join forces with other unions for a larger Jan. 26 protest in Toronto. That rally, Canon said, is aimed at sending a strong message as the Liberals choose a replacement for outgoing Premier Dalton McGuinty.

Secondary teachers are hopeful a new party leader will repeal contracts McGuinty's government enforced Jan. 3 and reopen bargaining talks at the local level.

The two-year contracts — modelled after those approved by Catholic teachers — freeze wages and ban strikes.

"We would hope for the opportunity to re-engage with the government. We would hope for an opportunity to set things straight," Canon said Tuesday. "I think there is a real appetite to fix (this), and maybe turn the page and move forward somehow."

Quoted

"We need to have our right to free collective bargaining restored."

Colleen Canon, president of the Ontario Secondary School Teachers' Federation unit representing Thames Valley teachers

Charges laid in stabbing

An investigator collects evidence outside a Kettleridge Street home Tuesday afternoon following an early morning stabbing that left a 23-year-old man in critical condition. A suspect, who police said knew the victim, was arrested when officers arrived in the west London subdivision at about 12:25 a.m. A knife has been recovered, but police have not confirmed if it was used in the attack. The victim was stabbed in the neck, police said. Six houses stretching from Kettleridge Street to Beaverbrook Avenue were cordoned off by police tape with evidence markers following what appeared to be a blood trail across several driveways and lawns. Yang Zhang, 21, of Toronto has been charged with aggravated assault and possession of dangerous weapons. The victim remains in London Health Sciences Centre in critical but stable condition.

ANGELA MULLINS/METRO

Western scientists 'open up a huge door to understanding' ALS

Michael Strong UWO.CA

A Western University research team has made a major breakthrough in the quest to figure out what triggers amyotrophic lateral sclerosis, a debilitating illness commonly known as ALS or Lou Gehrig's disease.

The group, which consists of about 15 London-based scientists, announced Tuesday it had found a new genetic mutation associated with ALS.

"Anytime you can find a genetic abnormality in a disease, you open up a huge door to understanding it in the long run," Dr. Michael Strong, head researcher, told Metro.

Since 2008, researchers have been testing deceased people who suffered from ALS. They repeatedly found proteins in the body were functioning in two ways, rather than one.

"For the first time ever, we've seen it do two jobs," said Strong, who serves as the dean of Western's Schulich School of Medicine and Dentistry. "And when one is messed up, so is the other.

"We need to understand what causes the switch between the two functions, and then we can modulate it."

Strong adds that though the findings are not comprehensive, the team is certain it has discovered a base for future work.

There are an estimated 30,000 Americans and 2,000 Canadians living with ALS.

The study was funded by the Canadian Institutes of Health Research and the ALS Society of Canada, and published in the official journal of the World Federation of Neurology Research Group on Motor Neuron Diseases. JOHN MATISZ/METRO

Other Western U news

Western received approximately $5.5 million on Tuesday afternoon, as part of a $7.64-million contribution from the Canada Foundation for Innovation and Lawson Health Research Institute. The money will go towards funding new imaging tools used to improve bone, joint, heart, and brain health.

Violent behaviour

Judge rules rapist a dangerous offender

A London rapist will be spending the better part of the next two decades behind bars, minimum. Gregory Last was officially deemed a dangerous offender on Tuesday.

Last is currently serving a 17-and-a-half-year sentence, but now with the dangerous-offender tag, he could be kept behind bars for the rest of his life.

The Crown tried to have Last labelled a dangerous offender in 2006, but a judge sentenced him to 27 years in prison instead. The Supreme Court overturned that conviction after ruling Last should not have been tried on a second sexual-assault case at the same time.

After a second trial, he was convicted once again and sentenced to 17-and-a-half years.

AM980/AM980.CA

Free celebration

You're invited: Black History Month event

The London Police Service and Congress of Black Women will present the second annual Black History Month celebration next month. The event will be held Feb. 21 at the police station (601 Dundas St.). For more information, email Sgt. Marcel Marcellin at mmarcellin@police.london.ca. METRO

Gifts of blood

St. Joseph's bests its donation goal

Staff and volunteers at St. Joseph's Health Care donated 272 units of blood last year as participants in the Partners for Life program of Canadian Blood Services. The total smashed St. Joseph's goal of 50 units by more than 400 per cent. A new goal of 300 blood donations has been set for 2013. METRO

One for the books

Library receives funding from feds

A library once threatened with closure will instead be expanding. The Glanworth Branch Library has been awarded $98,025 for renovation and expansion from the Government of Canada's Community Infrastructure Improvement Fund, MP Joe Preston announced Tuesday.

AM980/AM980.CA

Quebec eyes guidelines for right to die

Suffering. Under new legislation, assisted suicide would not be considered 'suicide'

Junior minister Veronique Hivon
JACQUES BOISSINOT/THE CANADIAN PRESS

The Quebec government believes it has found a way to not run afoul of Ottawa after a legal panel recommended that terminally ill patients have the right to die.

Provincial junior health minister Veronique Hivon said Tuesday the panel determined that provinces have the jurisdiction to legislate in matters of health and that the future legislation would clarify how acts to end a life wouldn't be considered suicide.

Euthanasia and assisted suicide are illegal in Canada under the Criminal Code. Julie Di Mambro, a spokeswoman for federal Justice Minister Rob Nicholson, said Tuesday the government's position remains the same.

"This is a painful and divisive issue that has been thoroughly debated in Parliament," she said. "We respect Parliament's decision."

Hivon said the Quebec government can now pass a law with strict guidelines that will respect the wishes of the dying to shorten their suffering and provide doctors with a clear legal framework.

Under the recommendations, patients themselves would have to make the request to a doctor on the basis of unbearable physical or psychological suffering. Two physicians would have to approve the written request.

The Quebec panel, which was headed by lawyer Jean-Pierre Menard, said people suffering from an incurable or degenerative illness should be allowed to ask for medical assistance to help them die.

THE CANADIAN PRESS

Background

Canadians have grappled with the right to die for nearly two decades.

- **Tuesday's recommendations** follow a landmark report from last March.
- **In 1992,** assisted suicide hit the national radar when Sue Rodriguez, a B.C. woman, fought all the way to the Supreme Court for the right to kill herself. She did in 1994.

Drilling test

Curiosity rover to peek inside Mars

NASA says the Curiosity rover should be ready to drill on Mars soon.

It's the most highly anticipated milestone since the nuclear-powered rover landed near the Martian equator five months ago.

Project manager Richard Cook says the team has chosen the test site for Curiosity. The spot contains a diverse sample of rocks that the rover can pick from. THE ASSOCIATED PRESS

Corruption case

Arrest ordered for Pakistani PM

Pakistan's leaders took a powerful one-two punch Tuesday as the Supreme Court ordered the arrest of the prime minister in a corruption case and a cleric led thousands of protesters in anti-government demonstrations.

Many claim the country's politicians are more interested in corrupt dealings than addressing problems facing Pakistani citizens. THE ASSOCIATED PRESS

St. Louis, Mo.

Administrator shot at school

Police say a gunman walked into a business school in downtown St. Louis, Mo., and shot an administrator in the chest before shooting himself.

Police Chief Sam Dotson said both the administrator and the gunman are in surgery. He says he doesn't know if their wounds are life-threatening.

He says no one else was injured. THE ASSOCIATED PRESS

Windsor

University goes screen-free Friday

To conclude its Mental Health Awareness Week, the University of Windsor is encouraging students to go screen-free on Friday.

The event asks students to spend a day away from their laptops and cellphones.

"I meet a lot of students and frankly, they're overwhelmed by life," said Father Chris Valka, a campus minister at UWindsor. METRO

Apartment for sale: Open concept, close to public transit

Emergency services attend the scene after a derailed train crashed into the side of an apartment building in Saltsjobaden outside Stockholm, Tuesday. A woman in her early 20s allegedly obtained the keys, stole the train and drove it about 1.6 kilometres to the end station on the railway line, where it jumped off the tracks, careened for about 25 metres and crashed into a three-storey building. She was the only one injured in the incident. The motives of the woman, who worked for a company contracted to carry out cleaning for the train operator, were not immediately clear. JONAS EKSTRÖMER/THE ASSOCIATED PRESS

First Nations. Taxpayers federation recommends throwing out Indian Act

An influential lobby group says Ottawa needs to ditch the Indian Act and give First Nations more control over their land to end aboriginal poverty.

The Canadian Taxpayers Federation made many enemies among First Nations leaders when it published a list of high salaries going to chiefs and pushed for legislative changes.

Now the group says the key to eliminating the cycle of poverty on reserves is for Ottawa to treat First Nations people like everyone else.

"For the sake of kids living in poverty on too many reserves, we don't need another decade with more social programs and tinkering," said Colin Craig, the group's Prairie director.

"We need a new approach, one that treats all Canadians the same and connects aboriginal people with jobs and opportunities."

That means Ottawa should get rid of legislation such as the Indian Act, parts of the Criminal Code that allow for reduced sentences, as well as arts grants for aboriginals — while respecting treaties and the Constitution, he said.

The federation also says band members should be able to own their homes, and develop, lease or sell their reserve land without Ottawa's permission.

The group is also proposing a pilot project that would see funding go directly to band members. THE CANADIAN PRESS

Fear of children. Former teacher sues her school district over rare phobia

A former teacher is suing the U.S. school district where she used to work, saying administrators discriminated against her because she has a rare phobia: A fear of young children.

Maria Waltherr-Willard, 61, had been teaching Spanish and French to teenagers in Ohio since 1976.

Waltherr-Willard was transferred to a school with younger students in 2009. She says the kids there triggered her phobia, forcing her to retire.

Her lawsuit says her fear of young children falls under the federal American with Disabilities Act and that the district violated it by transferring her and not letting her go back to her former school.

Gary Winters, the school district's attorney, said Waltherr-Willard was transferred because the French program at her school was being turned into an online one and that the other school needed a Spanish teacher.

Patrick McGrath, a clinical psychologist and director of the Center for Anxiety and Obsessive Compulsive Disorders near Chicago, said he has treated patients who fear children and that anyone can be afraid of anything.

"A lot of people will look at something someone's afraid of and say, 'There is no rational reason to be afraid of that,'" he said. "But anxiety disorders are emotion-based.... We've had mothers who wouldn't touch their children after they're born." THE ASSOCIATED PRESS

Canada vs. U.S. Flu shot more effective south of the border, data reveals

New data suggests that Canadians who got a flu shot this year cut their risk of getting sick enough to require medical care by about half.

That's slightly lower than the estimate that the U.S. Centers for Disease Control released late last week.

In the U.S., the CDC said this year's flu vaccine reduces the risk by 62 per cent overall and by 55 per cent against influenza A viruses.

Dr. Danuta Skowronski, who led the Canadian study, says the cross-border difference relates to the fact that in Canada, most infections this year are caused by the influenza A subtype H3N2.

Skowronski, who is with the British Columbia Centre for Disease Control, says while the protection isn't as high as public health would like, it's still significant.

The Canadian estimate is based on data from several hundred family doctors in Quebec, Ontario, Manitoba, Alberta and British Columbia.

The U.S. overall figure was brought up by the fact that the vaccine effectiveness estimate for the influenza B component of the vaccine was 70 per cent.

But in Canada the surveillance network hasn't seen enough influenza B cases to generate a reliable effectiveness estimate for it yet. THE CANADIAN PRESS

Wal-Mart pledges to hire U.S. veterans

Patriotic push. Retailer waves flag as it tries to rebound from recent blows to reputation

Wal-Mart Stores Inc., the world's largest retailer and the biggest U.S. private employer with 1.4 million workers, said Tuesday it is rolling out a three-part plan to help jump-start America's sluggish economy.

The plan includes hiring more than 100,000 army veterans in the next five years, spending $50 billion US to buy more American-made merchandise in the next 10 years and helping its part-time workers move into full-time positions sooner.

The move comes as Wal-Mart's attempts to rebound from blows to its reputation in recent months from an alleged bribery scandal in Mexico and a deadly fire in November at a Bangladesh factory that supplies clothes to the company. Wal-Mart, which often has been criticized for offering low-paying jobs and not buying more from U.S. manufacturers, said its plan will highlight the career opportunities in the retail industry.

"We've developed a national paralysis that's driven by all of us waiting for someone else to do something," Bill Simon, president and CEO of Wal-Mart's U.S. business, said at an annual retail industry convention in New York on Tuesday morning.

THE ASSOCIATED PRESS

By the numbers

10.8%

The unemployment rate for U.S. veterans who served in Iraq or Afghanistan stood at 10.8 per cent in December, versus the overall unemployment rate of 7.8 per cent.

A woman approaches a Walmart store in Valley Stream, N.Y., in this 2011 file photo. The retailer said it plans to hire every U.S. veteran who wants a job and has been honourably discharged in the first 12 months of active duty. GETTY IMAGES FILE

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Social media. Facebook unveils 'graph search'

Facebook CEO Mark Zuckerberg introduced a new search feature on Tuesday in the company's first staged event at its Menlo Park, Calif., headquarters since its May initial public offering.

Called "graph search," the new service lets users search their social connections for information about people, interests, photos and places. It'll help users who, for instance, want to scroll through all the photos their friends have taken in Paris or search for the favourite TV shows of all their friends who happen to be doctors.

Until now, Facebook users were unable to search for friends who live in a certain town or like a particular movie. With the new feature, people can search for friends who, say, live in Boston who also like Zero Dark Thirty.

Zuckerberg says the search feature is "privacy aware," which means users can only search for content that has been shared with them.

Facebook is stressing that graph search will be made available to users very slowly. It will likely take more than a year for it to be available to all of Facebook's more than one billion users. THE ASSOCIATED PRESS

Competitive move

- Graph search escalates an already fierce duel between Google and Facebook. Although Facebook isn't trying to fetch information across the web like Google does, it's clearly trying to divert traffic and ad spending from its rival.

Montreal

Cirque du soleil calls meeting amid layoff reports

The world-renowned Cirque du soleil will meet with staff on Wednesday amid reports that up to 600 people could be laid off. Renée-Claude Ménard, the Cirque's senior director of public relations, would not comment on layoff speculation until the staff meeting. The Cirque employs about 5,000 people worldwide, including 2,000 at its head office in Montreal.

THE CANADIAN PRESS

Market Minute

DOLLAR
101.62¢
(-0.03¢)

TSX
12,641.97 (+38.89)

OIL
$93.28 US (-86¢)

GOLD
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THE SWEETNESS OF A GOOD BOOK

JUST SAYIN'
Paul Sullivan
metronews.ca

When you're a reader, there's nothing like finding a new series.

It's even better when, by the time you stumble upon it, there is already a bunch written that you can plow through with relish.

That's what happened with A Song of Ice and Fire (Game of Thrones), George R.R. Martin's wildly fascinating sword-and-sorcery epic. I got to it as Volume 3, A Storm of Swords, was released. As each book is well over 1,000 pages, I had at least three weeks of uninterrupted delight.

But then, I had to wait along with all the other geeks for Martin to continue the agonizingly slow process of churning out Nos. 4 and 5. Still to come, Nos. 6 and 7, and who knows when they'll be ready? Martin has apparently never met a book tour, fantasy conference or editing project he can resist. With any luck, we'll both be around for The End, but the odds are growing increasingly long … or is that short?

Which is why, if you haven't encountered Flavia de Luce until now, this is your lucky day. You have something to do while waiting for Martin's The Winds of Winter.

Flavia de Luce is an 11-year-old girl who lives in a rundown manor house in the English village of Bishop's Lacey in 1950. She solves murders, assisted by a fully stocked chemistry lab left by her uncle, her bicycle Gladys, and an 11-year-old's still-fresh curiosity.

Yeah, I know. But, world of wonders, these books, starting with The Sweetness at the Bottom of the Pie, currently culminating in Volume 4, I Am Half-Sick of Shadows, are good.

Better than good.

Even crazier? They are written by a 74-year-old Canadian man, Alan Bradley, originally from Cobourg, Ont., who spent 25 years as a director of TV engineering at the University of Saskatchewan in Saskatoon. He retired to Kelowna, B.C., where he expected to go gently, etc., when a cataclysmic 2003 forest fire that nearly engulfed his house caused him to re-examine his scorched priorities and start writing like an 11-year-old girl.

He'd never even been to England until 2007, when he went to pick up the first of Flavia's multitude of awards, but that didn't prevent him from nailing the Agatha Christie English-village murder mystery.

Of course, there aren't a lot of 74-year-old men who can write like an 11-year-old girl, but Bradley seems to have little trouble channelling his inner Flavia, who is by turns funny, solemn, wise, petulant, insightful, kind and, above all, curious. The kind of curious that killed the cat, essential in a murder mystery.

Hermione Granger meets Sherlock Holmes.

The good news gets even better. Unlike George R.R. Martin, Bradley has discipline and reliably finishes one of his novels a year. The next one is due, according to Amazon, in two weeks. Another volume in the series of 10 (say it ain't so!) arrives in early 2014.

Oh, and Hollywood director Sam Mendes has bought the TV rights, so stay tuned …

About the author

He retired to Kelowna, B.C., where he expected to go gently, etc., when a cataclysmic 2003 forest fire that nearly engulfed his house caused him to re-examine his scorched priorities and start writing like an 11-year-old girl.

Read an excerpt from the book Speaking from Among the Bones at metronews.ca.

Author Alan Bradley HANDOUT/THE CANADIAN PRESS

Hands up, who's the cutest?

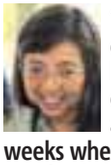
KATHERINE FENG/MINDEN PICTURES/SOLENT

High five!

Newborn panda says hello to world

It appears this baby panda was born for the limelight as he smiles and waves adorably in front of the camera. The 37-day-old cub seemed to enjoy his photo shoot after he was weighed, measured and fed by medics. This charming image was taken at Wolong National Nature Reserve's giant panda conservation centre in Sichuan, China. **METRO**

Photographer's view



"I think the cubs start looking cute at about four weeks when they are unmistakably baby pandas. At that age, they are roly-poly balls of black and white."

Dr. Katherine Feng, veterinarian/photographer

Fancy dress for good

Staff wear panda costumes

Wolong made news in 2010 after staff decided to don furry panda costumes.

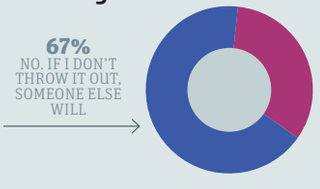
"We came up with the idea because captive pandas are too familiar with people. But by rearing them using panda suits, the baby panda would grow up never seeing any people," researcher Huang Yan said.

This way, Yan hopes, pandas who will return to the wild won't be too dependent on humans. **METRO**

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will a new report saying up to half of the world's food is wasted change your consuming habits?


67%
NO. IF I DON'T THROW IT OUT, SOMEONE ELSE WILL
33%
YES. BRING ON THE UNUSUALLY SHAPED APPLES
0%
SOMEWHAT. I'M STILL NOT EATING TOMATOES WITH SPOTS

Twitter

@onterrioh:
So #Armstrong cried because he's sorry for cheating... sorry bud, your apology is NOT accepted.

@outtamywaystool:
Apparently it's only a penny for me to upgrade to the Samsung galaxy note 2. Hmmm. Would probably waste even more time on my phone though

@paulcampisi:
Well if I show up this is going to be the easiest 18% I'll ever get at #WesternU

@VINDYA:
Its like my brain doesn't want me to go to Western anymore. Lost my #westernu student ID + bus-pass for the 4th time this year. #sigh

@rawbizms:
Went to print off resumes, turns out I'm out of ink. So I will eat cake and watch Netflix instead.

metro

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Conan the Barbarian (1982)

Arnie as Conan makes for possibly the most homoerotic hero of all time. Leather jock straps fringed with rabbit fur and his flowing locks make for an '80s porn fantasy.

The Terminator (1984)

Accessories-wise, Schwarzenegger always liked to make a statement, gunning for dual Uzis, pump action shotguns and Harley Davidson motorcycles — what a man.

Action-hero-turned-politician-turned-action-hero Arnold Schwarzenegger returns to the movies as an aviator-wearing sheriff in The Last Stand. He's buff and badass in this outing. Metro looks back at some of his best and worst movie style moments — and boy are there some howlers.

RICHARD PECKETT

Kindergarten Cop (1990)

This time Arnold, playing Detective John Kimble, who goes undercover as a teacher, gets down with the kids. Roomy slacks, plaid and polo shirts — can this really be the same gun-toting meathead?

Batman and Robin (1997)

When he's not causing chaos, Mr. Freeze likes nothing more than to chill out in a quilted smoking jacket, Ascot tie and a Cuban cigar — ever the gent, minus the makeup.

In Focus

Taking a Stand on drug movies

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Arnold Schwarzenegger takes on his first lead role in 10 years. In the Last Stand he's Sheriff Ray Owens, a rootin', tootin' small town lawman who battles a Mexican drug cartel.

It's the first time Arnold has fought drug lords, but Hollywood often looks to the cartels for a supply of bad guys.

As recently as last year Oliver Stone cast Salma Hayek as the ruthless cartel leader in Savages, aided and abetted by Benicio Del Toro as her henchman.

There are also rumours that Scarface, the legendarily violent Al Pacino movie about a Cuban immigrant who takes over the south Florida drug trade, is about to be remade and relocated to the world of Mexican drug cartels.

The Johnny Depp movie Blow was actually renamed Cartel in some markets. Based on the book Blow: How a Small Town Boy Made $100 Million with the Medellín Cocaine Cartel and Lost It All, Depp plays George Jung, the man who launched the American cocaine market in the 1970s.

Finally, Colombiana is another cartel revenge flick.

Zoe Saldana is Cataleya Restrepo, who as a 10-year-old saw her parents killed by a Bogota drug lord.

Instead of calling the police she instead becomes an assassin who vows to avenge her family's deaths. Her journey starts with 10 words: "I want to be a killer. Can you help me?"

Mama is an upcoming horror film directed by Andres Muschietti starring Jessica Chastain. HANDOUT

Childhood trauma at root of Del Toro's Mama

Interview. Producer talks about why his films are so dark, and turning a short film into a full-length Hollywood horror

RICHARD CROUSE
scene@metronews.ca

When I ask Guillermo Del Toro why his films often feature kids as main characters his answer is upfront, open and a little surprising.

"I had a horrible childhood, emotionally," says the director of The Devil's Backbone and Pan's Labyrinth. "I was not a child who was beaten or locked in a closet, but I really have a very intense relationship with the horror of Catholic guilt and the dogma. My grandmother was like Piper Laurie in Carrie. I was like a chubby version of Carrie. It was very difficult for me to get over that.

"I jokingly say I spent 40 years trying to recuperate from the first eight, but to a degree it is true. I really suffered intensely in the first 10 years of my life. I would cry at the concept of burning in hell, or the concept of purgatory and original sin. Mexican Catholicism is very, very brutal and very, very gory. That all affected me."

Quote

"There is a filmmaker in that short. Very often you see shorts that are glossy but have very little to say."

Guillermo Del Toro
Talking about the film that inspired Mama.

Mama, his latest producorial effort, is a spooky tale of two abandoned girls raised by a supernatural nanny. Del Toro came to the story after seeing a three-minute short film by director Andrés Muschietti.

"The short is brilliant," he says. "Atmospheric and creepy. You can see a storytelling will. You can see a voice. There is a filmmaker in that short.

"Very often you see shorts that are glossy but have very little to say. Or they're really intense and interesting but they are badly done. But this short had the perfect balance of form, function and story."

Muschietti is just the latest director to be discovered and mentored by Del Toro, who himself was given a helping hand by people like James Cameron.

"I've been very, very blessed by finding good people who believed in me at the right time. Obviously I try and pay it forward. Right now I'm 48-years-old and have been doing this for 30-something years, 20 directing. I've been able to produce close to 20 movies between Mexico and America and Spain and I would say in 99 per cent of the cases it has been really, really beautiful. A couple of cases it has been hard or the movie has been disappointing but Mama is one of the good ones I am really proud of."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan

Lohan still owes $300K to former attorney

Lindsay Lohan recently parted ways with her long-suffering attorney, Shawn Holley, but apparently there's still some unfinished business between them.

"Lindsay owes Shawn more than $300,000 in legal fees and she hasn't made any payments in over six months," a source tells Radar Online. "Lindsay hadn't paid anything for any of the work Shawn has done on her three new criminal charges of lying to cops, in connection with her car accident in Santa Monica last summer. Shawn has kept Lindsay out of jail for over five years now and she has no idea how good she has had it. Shawn is extremely respected by judges and prosecutors and that has benefited Lindsay greatly. Lindsay's new criminal attorney, Mark Heller, isn't even based in Los Angeles and certainly doesn't have the revered reputation that Shawn does."

Twitter

@SteveCarell
Apparently, once you have appeared on television, you are qualified to be a fashion designer.

@ParisJackson
i should probably start that biology homework right about now , aye ?

@kirstiealley
I think I accidentally murdered my pet spider...I stepped on a spider in the hallway ...my under the cabinet spider is MIA

@Sethrogen
I have a very shocking admission to make... I've been doping.

The Word

Spears' father arranged split with ex-fiancé?

Britney Spears reportedly had nothing to do with her breakup with ex-fiancé Jason Trawick, as the split was orchestrated by Trawick and Spears' father, Jamie Spears, who still has legal control of her personal life and finances, according to Radar Online.

"It really wasn't Britney's decision to announce the split last week, it was Jamie who made the call," a source says. "Jason wanted out, and in the fragile state that Britney is in, it's not like he could have a rational conversation with her about it, so it was really between him and Jamie. Britney was left out of everything and really didn't even know what was going on."

The biggest surprise, though, is exactly how in the dark Spears apparently is about her personal life.

"Jason and Jamie wanted to make sure that Britney didn't lose it, so they had to water things down for her a bit," the source says. "She still hasn't exactly grasped yet that the relationship is totally over."

METRO WORLD NEWS

Kristen Stewart

Stewart joins Pattinson after awards ceremony

Kristen Stewart may not have joined Robert Pattinson for the Golden Globes ceremony itself, but when she met up with him at an after-party at the Soho House, the On the Road actress wouldn't leave his side, according to Us Weekly. "They hung out and stayed close for over an hour," a source says of Pattinson and Stewart, who arrived in a less than red carpet-ready look of jeans and a backward hat. The pair then left with a group of friends including Sienna Miller for another party.

Jennifer Lawrence and Bradley Cooper

Couple's romance only on screen, says Cooper

Oscar nominees Bradley Cooper and Jennifer Lawrence fall for each other in Silver Linings Playbook, but Cooper wants to quash any rumours of the recently single stars dating in real life. "I love her to death. She's amazing, but no," Cooper tells Entertainment Tonight about the prospect of him and Lawrence together. "No, no, no, no, no. Not even close. First of all, I could be her father. No, I'm kidding. But no, not even close." Lawrence, for her part, isn't offended, responding to his statement with, "True. I agree. I concur."

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Lost and Lord of the Rings star Dominic Monaghan gets wild this year on OLN's new series Wild Things with Dominic Monaghan, which premieres Monday. Metro picked Monaghan's brain on his favourite escapes.

LIZ BROWN
liz.brown@metronews.ca

5 spots that drive Dominic Monaghan wild

MTKOPONE/FLICKR

The rainforests of Ecuador

"Ecuador is a pretty beautiful part of the world, but I quickly get out of any cities, like Quito and make a full-day journey into the jungle, which is a drive to a boat, then a boat to a car, then a car to another boat and then finally ending up at this place called the Tiputini Research Centre, which is one of the places I based myself out of when I was making Wild Things. It's an extremely remote, extremely isolated research centre in the middle of the rainforest. It doesn't even appear on the map. If you want to experience what it's like to be out in the middle of nowhere surrounded by one of the most wild and unforgiving natural environments in the world, that's a pretty good kicking off place."

New Zealand's south islands

"Some of my happiest times travelling around have been exploring the south islands of New Zealand. New Zealand is obviously a very modernized country but the south islands have some pockets that have kept their natural beauty. My favourite way to experience that is to just rent a car and take a ferry from Picton on the southern point of the north island and get dropped off at the northern point of the south island and then just drive down to Queenstown over the coast for maybe three or four days, stopping in different places. It's a wild and blustery kind of place. You can see a lot of the places where we filmed sequences in Lord of the Rings. New Zealand is called the land of the long white cloud. It's just a really beautiful place to go to."

Ho Chi Minh City, Vietnam

"I really like Ho Chi Minh City in Vietnam. It's a very, very busy, crazy city with a lot of influences from many parts of the world. The French influence can be felt and Thailand and Cambodia have a bit of an influence here. It's just one of those cities where it gets busier and busier as the night gets on. Once the sun goes down the city really comes to life with a lot of noise and a lot of really interesting food you can buy on the street and friendly people and cool things to check out. There's a lot of people watching, going to squares and seeing some of the craziness."

The islands of Thailand

"Some of the islands up the coast of Thailand are pretty beautiful, like Ko Tao and Ko Samui. I really like going to a place called Krabi. They are pretty experienced with stuff like scuba diving and snorkelling and any kind of water activity you might want to do. There are amazing people in Thailand, really fantastic food, it's a great escape."

GETTY IMAGES

ALL PHOTOS ISTOCK EXCEPT WHERE INDICATED

Berlin

"I go to Berlin a lot. It's not the most exotic of locations in the world in terms of jungles and crazy animals, but I was born in Berlin. It's a really interesting city, great architecture. It's got nice food. German food is a little heavy, but it's very tasty. They also do a pretty good line in beer."

NEED A RIDE?
Read metro drive every Wednesday.

Jasper heats up for annual winter festival

Jumping January. Two-week event has mountain town hosting outdoor adventures, contests and a chili cook-off

It's like a big small-town party in the mountains.

Jasper in January is an annual festival scheduled smack-dab in the middle of winter for those brave enough to celebrate the cold instead of running off to the beaches of Mexico.

"We don't all have to hibernate throughout the winter," says Mary Darling, a spokeswoman with Tourism Jasper. "There's still things you can do."

Family fun, evening entertainment and outdoor adventures — many of them free — take place daily over two weeks, bringing the town of 5,000 to nearly double its size.

Picture it: making gooey s'mores over an outdoor fire, strapping on snowshoes surrounded by majestic mountains, throwing snowballs inside a pub while sipping a pint of beer, even sporting a Speedo while leaping into an icy lake.

"It's rejuvenating," says Peter Scott, a local electrician who plans to participate in his fourth Polar Bear Dip this Sunday.

Nestled in the Rocky Mountains, Jasper is about a 3 1/2-hour drive west of Edmonton. To many, it's considered Banff's little sister. But that's not necessarily a bad thing. While Banff is crowded and commercial, Jasper is quiet and laid-back.

History shows Jasper was a place where people lived before it became a travel destination. It was settled as a fur trading post, then designated a national park in 1907.

The addition of hotels, spas and five-star restaurants hasn't dampened its cosy and comfortable feel. And Jasper in January captures that allure, right from ice skating on a frozen pond to noshing on some homemade chili.

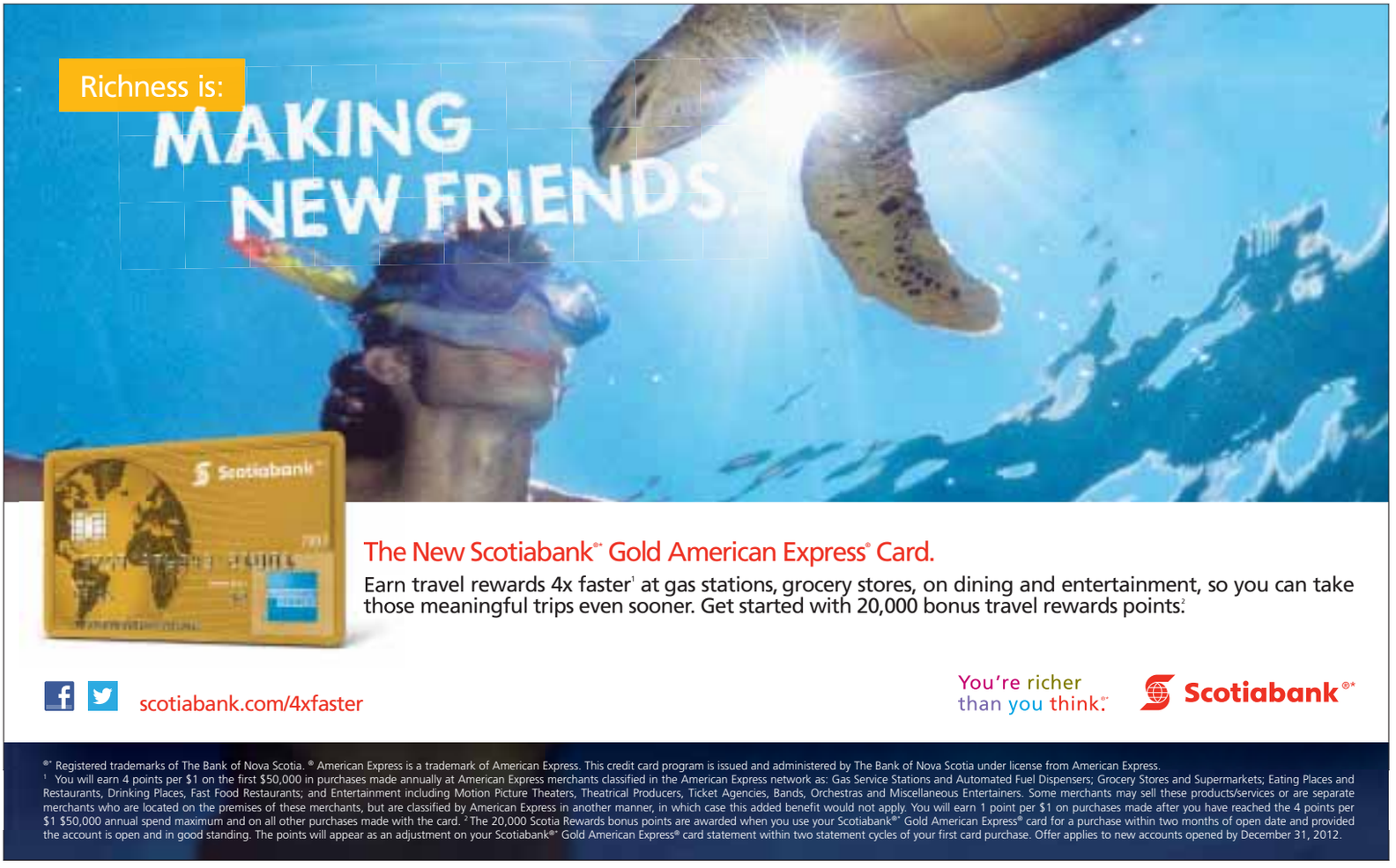
In fact, the chili cook-off this Friday night is the only event that has carried on each year since the festival started 24 years ago. Would-be chefs team up and mix pots of chili at the local activity centre, creating more than a dozen flavours that anyone can buy and sample.

THE CANADIAN PRESS

If you go...

- **Jasper in January.** Event runs through Jan. 27.
- **Deals.** Most hotels are offering hot deals during the festival and Marmot Basin is also giving discounts on its ski lift tickets.
- **For more information.** Including a full calendar of events, check out jasperinjanuary.com.

A chili cook-off has been a staple of Jasper in January for 24 years. THE CANADIAN PRESS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Buttermilk makes move from breakfast table to dinner superstar

First, a buttermilk primer. As its name suggests, buttermilk is the tangy milk-like liquid left behind when cultured cream is churned to make butter. At least that's how they made it in the old days. Today, it's usually commercially produced by adding cultures (think the bacteria that produces yogurt) to low- or no-fat milk.

We've all had buttermilk pancakes and waffles, but most people don't realize just how versatile an ingredient buttermilk is. And it belongs on the dinner table as much as at breakfast.

Ingredients

- 1-lb pork tenderloin
- 1 cup buttermilk
- 1 tbsp plus 1 tsp Thai red curry paste, divided
- 1 tsp kosher salt
- 2 cups panko breadcrumbs
- 1/2 tsp ground black pepper
- 1/4 cup mayonnaise
- 1/2 tsp cider vinegar
- 4 burger rolls
- Boston or other leafy lettuce
- 1 large tomato, sliced

Let's start with buttermilk's signature tang. It's tangy because it's acidic, and acidic ingredients make for great marinades. Give chicken, pork or turkey a buttermilk bath and you'll get especially tender, flavourful meat. Before you add the meat, just whisk in whatever seasonings you want. That's how it's used in these Buttermilk-Soaked Pork Cutlet Sandwiches.

And that same tang turns out killer mashed potatoes. Use it in place of regular milk, then mash away. Ditto for sweet potatoes. Lastly, next time you're making vinaigrette for your salad or roasted vegetables, add buttermilk for rich, luxurious flavour. Try a blend of olive oil, buttermilk, lemon juice, strawberry jam, salt and black pepper.

Buttermilk-Soaked Pork Cutlet Sandwiches

This recipes serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Cut the tenderloin crosswise into thin rounds, each about 1/4 inch thick. One at a time, set each round between sheets of plastic wrap and pound evenly thin using a meat mallet or rolling pin.

2. In medium bowl, whisk together the buttermilk, 1 tablespoon of the red curry paste and salt. Add the pork and ensure it is evenly covered by the liquid. Refrigerate this for at least 1 hour and up to 8 hours.

3. When ready to cook, heat the oven to 400 F. Coat a baking sheet with cooking spray.

4. In a wide, shallow bowl, mix the breadcrumbs and pepper. Remove the pork cutlets from the marinade. Dredge each piece through the breadcrumbs, patting them on as needed to coat evenly. Arrange the pork cutlets on the prepared baking sheet.

5. Bake 10 minutes, or until cooked through.

6. Meanwhile, in a small bowl, whisk together the remaining 1 teaspoon of red curry paste, the mayonnaise and vinegar. Slather a quarter of the mixture over the bottom half of each burger roll. Top with lettuce and tomato, then 1 or 2 pork cutlets. Serve. THE ASSOCIATED PRESS

Drink of the Week

Brrberry Tea

There is nothing quite like a hot cup of tea to keep the winter blues away.

And when you add three types of alcohol to the mix, you have a whole new type of tea.

- .5 oz brandy
- .5 oz amaretto
- .5 oz triple sec
- Chai tea
- Splash orange juice
- Garnish orange wheel
- Garnish cinnamon stick

Add liquor, liqueurs, juice and tea bag to glass. Add hot water. Garnish with cinnamon stick and stir. Add orange wheel garnish.

PHOTO AND RECIPE COURTESY OF FIRKIN PUBS, FIRKINPUBS.COM

Grapefruit adds dash of tang to quick-cooking pork chops

The preparation time and cooking time of this dish are negligible, but you must allow enough time for marinating. Serve the chops with sticky rice to complement the Asian flavours.

Be sure to grease your grill before adding the meat and grapefruit wedges.

Ingredients

- 2 pink grapefruits, scrubbed
- 30 ml (2 tbsp) sodium-reduced soy sauce
- 15 ml (1 tbsp) liquid honey
- 15 ml (1 tbsp) chopped fresh cilantro
- 1 clove garlic, finely grated or rasped
- 5 ml (1 tsp) finely grated or rasped fresh ginger
- 2 ml (1/2 tsp) ground coriander
- 4 boneless pork loin chops
- Pinch freshly ground black pepper, to taste
- Fresh cilantro leaves

This recipe serves four. THE CANADIAN PRESS H/O

1. Using fine grater, remove 1 ml (1/4 tsp) of the grapefruit rind and place in a shallow dish that is large enough to hold the pork chops. Cut grapefruit in half and squeeze out the juice to get 45 ml (3 tbsp) of grapefruit juice and add to dish. Cut remaining grapefruits into thick wedges and set aside.

2. Whisk soy sauce, honey, chopped cilantro, garlic, ginger and coriander into grapefruit juice. Add pork chops and turn to coat well. Cover and refrigerate for at least 1 hour or up to 8 hours.

3. Remove chops from marinade and sprinkle with pepper. Place pork chops on a greased grill, indoor grill or grill pan over medium-high heat for 5 minutes. Turn over and grill for about 5 minutes or until a hint of pink remains. Meanwhile, add grapefruit wedges to grill for about 5 minutes, turning once, or until golden and tender. (Alternatively, pan-fry pork chops in a non-stick skillet over medium heat, turning once, for about 12 minutes. Add grapefruit wedges for the last 5 minutes. Or place pork chops on parchment paper-lined baking sheet and roast in a 200 C (425 F) oven for about 12 minutes or until hint of pink remains. Add grapefruit wedges for last 5 minutes to warm them through.)

4. Serve grapefruit wedges with pork chops and sprinkle with cilantro leaves, if desired. THE CANADIAN PRESS/ FLORIDA DEPARTMENT OF CITRUS

Elegant. Pork Tenderloin with Fruit and Nuts

1. Cut tenderloin almost through lengthwise; open like book. Place plastic wrap on top and under tenderloin; pound with rolling pin to flatten to even thickness. Set aside.

2. In saucepan, cook bacon and onion over med-high heat until tender and browned. Stir in breadcrumbs, apple, walnuts, cranberries and sage. Moisten slightly with 50 ml (1/4 cup) broth until mix holds together when pressed. Season with salt, pepper and more sage to taste.

3. Place tenderloin, cut side up, on work surface. Press filling along length of centre third; roll meat around filling to enclose. Tie with string at 7-cm (1 1/2-inch) intervals.

4. Heat oven to 180 C (350 F). Place tenderloin, seam side down, in lightly greased baking dish. Brush with oil. Sprinkle with pepper. Roast in preheated oven 45 mins. until meat thermometer inserted in centre registers 71 C (160 F).

5. Let stand 10 mins. before slicing into 2-cm (3/4-inch) thick slices.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 1 pork tenderloin (625 to 750 g/1 1/4 to 1 1/2 lb)
- 2 slices bacon, chopped
- 75 ml (1/3 cup) diced onion
- 175 ml (3/4 cup) dry seasoned breadcrumbs
- 1 apple, peeled, cored and chopped
- 75 ml (1/3 cup) chopped toasted walnuts
- 75 ml (1/3 cup) cranberries, halved if large
- 5 ml (1 tsp) chopped fresh sage leaves
- Chicken broth or water
- Salt and pepper, to taste
- 30 ml (2 tbsp) olive oil

Beyond dashing docs and medical mysteries

New to nursing?
Anticipate everything but a chuckle-worthy, drama-filled day as romanticized on your TV screen

ASHLEIGH TRAHAN
TalentEgg.ca

Ever wondered what it's actually like to work day in and day out as a nurse? Or if they ever bump into McDreamy?

For those who are on their way to a career in nursing, we've got the skinny on what it's like to be a young nurse from two women who are working hard to keep their communities healthy.

Erin Okanik is a nurse at Kitchener-Waterloo's Grand River Hospital, where she has been working as a registered nurse since graduating from Western University in 2009. As if being a busy full-time emergency room nurse wasn't enough, she is also currently completing her master's degree.

Abigail Keeso graduated from Ryerson University in 2012, and has since been working as a registered nurse in the infectious diseases department at the Hospital for Sick Children in Toronto. When she's not wielding a stethoscope, Abigail writes about health and wellness. You can see what she's up to on Twitter.

What is a typical day like for you?

Okanik: I work in the ER and there is no such thing as a typical day! Depending on which area of the department I am assigned to, I could be helping to set and cast broken bones, or I could be the trauma nurse, working with a team of doctors, nurses, respiratory therapists or paramedics to resuscitate a patient in cardiac arrest.

The ER I work in sees all types of patients — from children to geriatric. The youngest patient I have ever cared for was 45 minutes old and the oldest was 105 years old. You need to be prepared for everything because you can never predict what might come through the doors.

Keeso: Depending on how sick my patients are, I can have anywhere from one to three patients. I go through my patients' care plans to get an understanding of their diagnosis and the plan of care. After I have briefed myself, I then sit down with the nurse from the previous shift so he or she can tell me what has happened over the last 12 hours. Then, I hit the floor running, introducing myself to my patients and their families, building those relationship, checking vital signs, blood work, dressing changes, specimen collection, hanging IV solutions, giving medications, etc.

Throughout the shift I work and consult with a large interdisciplinary team (including medical doctors, physiotherapists, occupational therapists, social workers, respiratory therapists, registered dietitians, etc.). While these people are in and out throughout the day, I am with the patients all day, and I am responsible for making sure orders are implemented and advocating for my patients' needs.

Is there anything you wish you had known when you were still a nursing student?

Okanik: That nursing is NOTHING like those medical TV shows that I was always watching (ahem, Grey's Anatomy). Nursing in the real world can be physically and emotionally exhausting, dirty and sometimes tedious. Also, I have yet to meet a doctor who looks like McDreamy!

Keeso: One thing that sticks out is how much I learn every single day on the job. You certainly do not come out of nursing school ready to be an excellent nurse. With advances in medicine, drugs, technology and research, things are constantly changing.

Expect the unexpected

"You need to be prepared for everything because you can never predict what might come through the doors."

Abigail Keeso
Registered nurse in the infectious diseases department at the Hospital for Sick Children in Toronto.

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Knights trio ready to impress in Halifax

OHL. Domi, Horvat and Zadorov relish opportunity to play for legend Bobby Orr at top-prospects showcase out East

JOHN MATISZ
john.matisz@metronews.ca

After the London Knights lost on the road to the Sault Ste. Marie Greyhounds on Sunday, all but three members boarded the team bus for a lengthy trip back to London.

With the CHL Top Prospects Game on the horizon, a trio of 17-year-olds — Max Domi, Bo Horvat, and Nikita Zadorov — stayed overnight in the northern hub. They had a plane to catch the next day.

"Just to be here is an honour," said Horvat, speaking on the phone from Halifax on Tuesday. "To know that (legendary NHLer Bobby Orr picked me), I'm just really excited. Hopefully I'll have a good game tomorrow."

Each year, Orr and running mate Don Cherry choose 20 players each from a crop of the best NHL-draft-eligible talent playing in Canada. They're then showcased in a Canadian Hockey League city; Halifax is this year's host.

London captain Scott Harrington suited up for Team Cherry two years ago, but he's jumped to the other side, so to speak, providing advice to the all-Team Orr Knights.

"He just said, 'Soak it all in, guys,'" Horvat said. "He told us to have fun with it. He was a good help to settle Max and I down."

London Knights power forward Bo Horvat, one of three Knights in Halifax for Wednesday's Top Prospects Game, screens Kitchener Rangers goaltender John Gibson during a tilt earlier this season. JOHN MATISZ/METRO

Knights on the list

Knights players included in NHL Central Scouting's mid-term rankings, released Tuesday:

- **Bo Horvat, 17** — 14th amongst North American skaters.
- **Max Domi, 17**— 23rd N.A. skaters.
- **Nikita Zadorov, 17** — 30th N.A. skaters.
- **Remi Elie, 17** — 56th N.A. skaters.
- **Miles Liberati, 17** — 88th N.A. skaters.
- **Kyle Platzer, 17** — 116th N.A. skaters.
- **Dakota Mermis, 19** — 156th N.A. skaters.
- **Jake Patterson, 18** — 16th N.A. goalies.

Horvat, fresh off a 16-game point streak, says his linemates in Wednesday's game will most likely be Domi and Kitchener Rangers forward Justin Bailey. Seeing as London and Kitchener duel six times per season, having Bailey next to him on the bench will be a bit of a shock.

"It's a little different, but he's a good hockey player," Horvat said. "I'm sure we'll have some chemistry. He works hard and drives the net, so that'll work well with Domes and I."

Team Orr is captained by Portland Winterhawks defenceman Seth Jones, the top-ranked prospect in North America, according to NHL Central Scouting. Cherry's main men, Nathan MacKinnon and Jonathan Drouin of the Halifax Mooseheads, are neck-and-neck with Jones in the race to go first overall this summer at the draft.

"I have to say those two are pretty special players," Horvat said of MacKinnon and Drouin.

Australian Open

Serena Williams rolls ankle, rolls to shutout victory

Serena Williams frightened a few people, including herself.

Day 2 at Melbourne Park on Tuesday brought another day of perfect weather but a few anxious moments for Williams, who fell awkwardly on her right ankle in her 6-0, 6-0 win over No. 110-ranked Edina Gallovits-Hall.

Serena Williams
GETTY IMAGES

Williams had the ankle heavily taped by trainers and was able to continue and still dominate the Romanian player. Later, she said she hoped to continue playing — she'll have a scheduled day off Wednesday, returning Thursday to play her second-round match — and maintain her quest of winning her third Grand Slam tournament in a row and sixth Australian Open. THE ASSOCIATED PRESS

'Serious concerns'

World Anti-Doping Agency steers clear of Armstrong probe

The World Anti-Doping Agency says it will not participate in the inquiry investigating alleged links between cycling's governing body and Lance Armstrong. In a statement, WADA says it has "serious concerns" about the terms of reference given to an external commission appointed by the International Cycling Union — and its "ability to carry out its role without undue influence."

THE ASSOCIATED PRESS

Carlyle not losing sleep over goalie drama

Leafs goalies James Reimer, left, and Ben Scrivens skate in Toronto on Tuesday. As he did last season, coach Randy Carlyle says he won't announce his starting goalie until game day. DAVID COOPER/TORSTAR NEWS SERVICE

While others are reading the tea leaves for signs of a Roberto Luongo trade to Toronto, Maple Leafs coach Randy Carlyle seems blissfully unaware.

"I haven't even watched them," he said Tuesday when asked about incumbent goalies James Reimer and Ben Scrivens. "To tell you the truth, that's (goaltending coach) Rick St. Croix's decision right now. He's working with them. I take his input and I don't focus specifically on the goaltenders.

"Yes, I watch if they're letting every puck in. But for their technique and where they are, I get that feedback from him. He spends a lot more time with them and focusing on them. What I try to do is focus on our team game and our team play. Obviously they're part of our team and you do recognize it, but I don't focus on specifically on them."

Making progress

Sophomore Leafs defenceman Jake Gardiner skated on his own on Tuesday.

- Gardiner, a revelation on the blue-line last year, has been sidelined by a concussion sustained while playing in the AHL.

There was some drama Tuesday as forwards James van Riemsdyk and Colton Orr left early after being hit by shots.

Orr went first, nursing a dislocated finger. Van Riemsdyk followed, leaving the practice rink gingerly with a bruised right foot.

But Carlyle seemed unfazed, despite the fact he was unsure if the injuries would sideline the two players.

There was probably just relief that van Riemsdyk, who broke his left foot last season with Philadelphia, had escaped a fracture.

THE CANADIAN PRESS

2013 Honda Civic is here

ALL PHOTOS WHEELBASE

Style

The sedan's adjustments include completely new front and rear bodywork encompassing a more prominent grille, restyled hood and new fog and corner lights. At the opposite end, a reshaped trunk lid and bumper are flanked by a fresh set of taillights. Additionally, all trim levels feature new wheel designs.

A peek at the inner door design

2013 Honda Civic

- **Type.** Four-door, front-wheel-drive compact sedan.
- **Engine (hp).** 1.8-litre SOHC I4 (140); 2.4-litre DOHC I4 (201))
- **Transmission.** Five-speed manual; five-speed automatic (opt.)
- **Base price (incl.destination).** $16,900

Engine

Back again is the standard 140-horsepower 1.8-litre four-cylinder engine with the optional 201-horsepower 2.4-litre four-cylinder repeating in the performance-oriented Si. The gas-electric Civic Hybrid's powertrain, which is rated at 110 horsepower, is unaltered.

Fuel economy

Fuel economy stats remain at 7.1 l/100 km in the city and 5.0 on the highway for automatic-transmission models (7.2/5.4 for manual-gearbox Civics and 4.4/4.2 for the fuel-efficient Hybrid). The more potent Si is rated at 10.0 l/100 km in the city and 6.4 highway.

Review. Maker fast, fine tuned new model after unjust 2012 criticism

MALCOLM GUNN
Wheelbase Media

Well, there's nothing like a verbal poke in the eye to get your undivided attention.

Not all that long ago, Honda announced the mid-2011 arrival of its 2012-model-year Civic. Fans of the brand seemed pleased, as evidenced by the upwardly pointing sales charts. However, the press and a certain advertising-free consumer magazine gave Honda a rough ride, reporting that the Civic had an uninspired look, average handling and plasticky interior.

Now, most automakers would have simply ignored those comments. Not so, Honda. Whether motivated by its competitive instincts or by a desire to simply do better (or both), it's introducing a heavily revised 2013 Civic sedan well ahead of schedule.

What a difference just a single model year makes.

Structurally, changes have been initiated to improve the Civic's front-end collision protection, especially at each corner. There's high-strength steel in the A-pillars (that flank the windshield) and in the side sills below the doors.

Changes have also been made to the suspension, steering and soundproofing materials to improve ride comfort, reduce cabin noise and create a sportier driving experience.

Honda has addressed concerns regarding the Civic's interior by giving the dashboard a major makeover. There are now fewer visually irritating creases and angles and most plastic surfaces have been covered with richer-looking soft-touch materials.

It could be argued that the newly energized Civic sedan is the car that Honda should have introduced for 2012, but at least the quick response in addressing concerns will impress the legions of Civic supporters and prove the automaker's ability to make rapid change.

The Civic's interior is sleek yet simple.

The interior is appealing and stylish

By comparison

1 Hyundai Elantra
Base price: $17,450

2 Dodge Dart
Base price: $17,600

3 Nissan Sentra
Base price: $16,400

The right tire has the right symbol

Driving Force.
When buying your vehicle's rubber, look for the mountain and snowflake logo to ensure it's for winter

JIL MCINTOSH
drive@metronews.ca

When you're buying tires for winter, you need to look for the mountain and snowflake. This little logo, of a snowflake inside a mountain peak, is molded into tires that meet the standard for winter tread.

However, while the logo indicates winter use, it means the tire meets a minimum standard and is not by itself a measure of the tire's quality. It's based on a tread pattern used as the industry standard. The tire must exceed the standard by 10 per cent to qualify for the logo.

"The testing is very easy, in simple terms, because it's basically straight-line performance," says Dino Tenuta, senior technical services manager for Bridgestone Canada. "It doesn't take cornering into account. The logo was initially intended for consumers to identify a winter tire, but it's so easy to achieve that rating. You need to look beyond the mountain/snowflake, and do research on tire performance."

This is the symbol that will give you peace of mind. HANDOUT

While many people think that winter tires are simply "snow tires," they're more than that. Rubber gets hard when it's cold. The rubber compound in winter tires is formulated to stay flexible in low temperatures, which improves its grip on dry or icy pavement.

Their tread is more aggressive, which helps them bite into snow, but they're also designed to channel away slush and water. If slush builds up on the tire, it dramatically reduces the tire's grip.

On wet pavement, the tread pushes water away so the rubber makes contact with the asphalt below.

If it doesn't, the tire can "float" on the water above the asphalt, a dangerous situation known as hydroplaning.

All-season tires can be used in winter, although they are a compromise. Their rubber compound is designed to stay supple in colder temperatures and firm in hot weather, but their tread isn't as aggressive as that of a winter tire, since it would be too noisy for summer use.

Some tires are called "all-weather," meaning they are all-season tires that have the mountain/snowflake logo.

These can be used all year in jurisdictions where winter tires are mandatory, such as in Quebec, but they are still not as good for cornering or stopping as a dedicated winter tire.

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Horoscopes

♈ Aries
March 21 - April 20
You won't lack for chances to move up in the world, but you have got to be quick. If you keep your eyes and ears open over the next two or three days, you will take great strides towards your ultimate goal.

♉ Taurus
April 21 - May 21
Your philosophy of life will change before the end of the week, giving you a better grasp of what is truly important. Remember: No one changes before they are ready to do so — and you are ready now.

♊ Gemini
May 22 - June 21
Even if you have done something you should not have done, there is no point feeling guilty about it because you cannot turn back the clock. You should be looking forward to the future. It holds so much promise.

♋ Cancer
June 22 - July 23
The planets will help you to sweep away the past and create some kind of new beginning between now and the end of the week. If that means getting rid of people who hold you back, so much the better.

♌ Leo
July 24 - Aug. 23
Do you change something a bit at a time, or do you throw yourself at it and finish it in one mad dash? That is the question you need to answer today. Make sure you get it right. There is a lot at stake.

♍ Virgo
Aug. 24 - Sept. 23
Stick to your strengths today and over the next 72 hours. Yes, of course, you should be ambitious but that does not mean you have to start something new. Maybe you should just do what you do already.

♎ Libra
Sept. 24 - Oct. 23
Someone you love and respect will fly off the handle for no good reason today. If you are smart, you will pretend you have not noticed. It's only a minor incident, so why risk making a big issue of it?

♏ Scorpio
Oct. 24 - Nov. 22
Make the most of the Sun's last few days in Capricorn to travel. It does not matter if your journey is short or long, it matters only that you are on the move. What you discover will brighten up your life.

♐ Sagittarius
Nov. 23 - Dec. 21
Cash flow problems may be ongoing but between now and the Sun's change of signs at the weekend you will understand what needs to be done to improve things. Next time though, make sure you do it a bit sooner.

♑ Capricorn
Dec. 22 - Jan. 20
More than anything else, you need to be ruthless with yourself and get rid of all those things that you no longer need. According to the planets, that's rather a lot. You could make a small fortune on eBay.

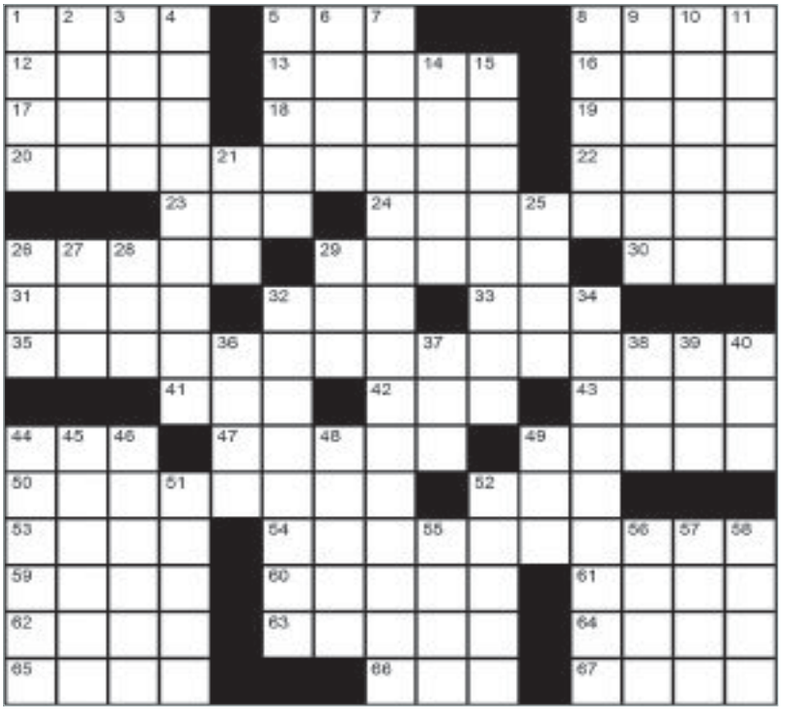
♒ Aquarius
Jan. 21 - Feb. 19
If you are hurting in any way then you must open up and let loved ones know about it. Because you always put on a brave face, they may be completely unaware that you need a shoulder to cry on.

♓ Pisces
Feb. 20 - March 20
Sometimes you can be too cautious but today you'll be inspired to get up, get out and get busy on the kind of project that can change the world. Do you think that's too ambitious? If anything it's not ambitious enough.

SALLY BROMPTON

Crossword: Canada Across and Down

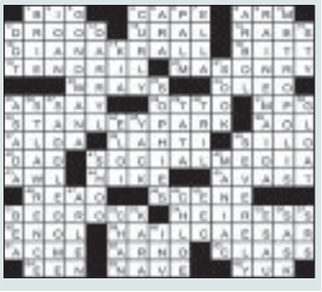
BY KELLY ANN BUCHANAN



Across
1. Comet's follower
5. Joke
8. Poetic contraction
12. "__ __, Brute?" - Caesar in Shakespeare's Julius Caesar, Act III, Scene 1
13. WWII threat
16. "Able was _ __..." (Palindrome start)
17. Printer's colour
18. Trim
19. Li'l house spot
20. MC Hammer style: 2 wds.
22. Coup d'__
23. Napoleonic†Wars marshal
24. Oust
26. Dance/fitness program
29. "Beau __" (1939)
30. Never: German
31. Without _ __ (Penniless)
32. Li'l office
33. City, informally
35. Currer Bell was her pen name: 2 wds.
41. Mr. Butler, for short
42. Shed tool
43. __ in Canada
44. Some ER cases alas
47. Yellow Fever mosquitoes
49. James Cameron's "The __"
50. 16th Prime Minister: 2 wds.
52. Evita's li'l land
53. 'Cred' suffix
54. Prehistoric link to the New World, Bering __: 2 wds.
59. Belgian songwriter Jacques
60. How fresh fish gets packed: 2 wds.
61. Study
62. Departed
63. "Modern Family" star Ms. Vergara
64. __ a hand
65. Legend Ms. Gardner's
66. Office tel. line
67. Video game maker

Down
1. __-savvy
2. "Right back __ __!"
3. __-TASS (Russian news agency)
4. Old Town __, NS (UNESCO World Heritage Site)
5. Aquarium fish
6. Spell-starter
7. Have "work" done: 4 wds.
8. Rome's river
9. Galen of President's Choice commercials
10. Menswear designer
11. Glam furniture piece
14. Poker stakes
15. Scientist's glass: 2 wds.
21. Culpa's partner
25. Munich mister
26. Mr. Efron
27. Work the aisles, in slang
28. New Zealand bird
29. __ instinct
32. Aurora __
34. Global series set in a munitions factory: 2 wds.
36. Actress Sharon
37. Greek dawn goddess
38. Fancy 'not'
39. QB's feats
40. poet mr. cummings, and others
44. Ontario's Port Burwell, the new permanent home of Cold War-era sub HMCS __
45. Ex-Degrassi actress Nina who stars on "The Vampire Diaries"
46. Ms. Gomez
48. Liquid-Plumr competitor
49. Coming-in-plane, e.g.
51. Boston's NBA team, for short
52. Skip _ __
55. Gladiator's 609
56. "Groove Is in the Heart" by __-Lite
57. Turf ruler
58. Scandinavian story

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6						7	
	5	7	8		9	3	4	
1		8				9		6
			5	4	1			
				9				
			6	7	2			
5		3				1		7
	9	2	1		6	4	8	
	4						9	

Yesterday's Sudoku

2	8	5	1	7	3	6	4	9
3	4	1	9	2	6	8	7	5
9	7	6	5	8	4	1	2	3
1	3	4	6	9	2	5	8	7
7	2	8	4	5	1	9	3	6
5	6	9	8	3	7	4	1	2
6	1	3	7	4	9	2	5	8
4	5	7	2	6	8	3	9	1
8	9	2	3	1	5	7	6	4

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